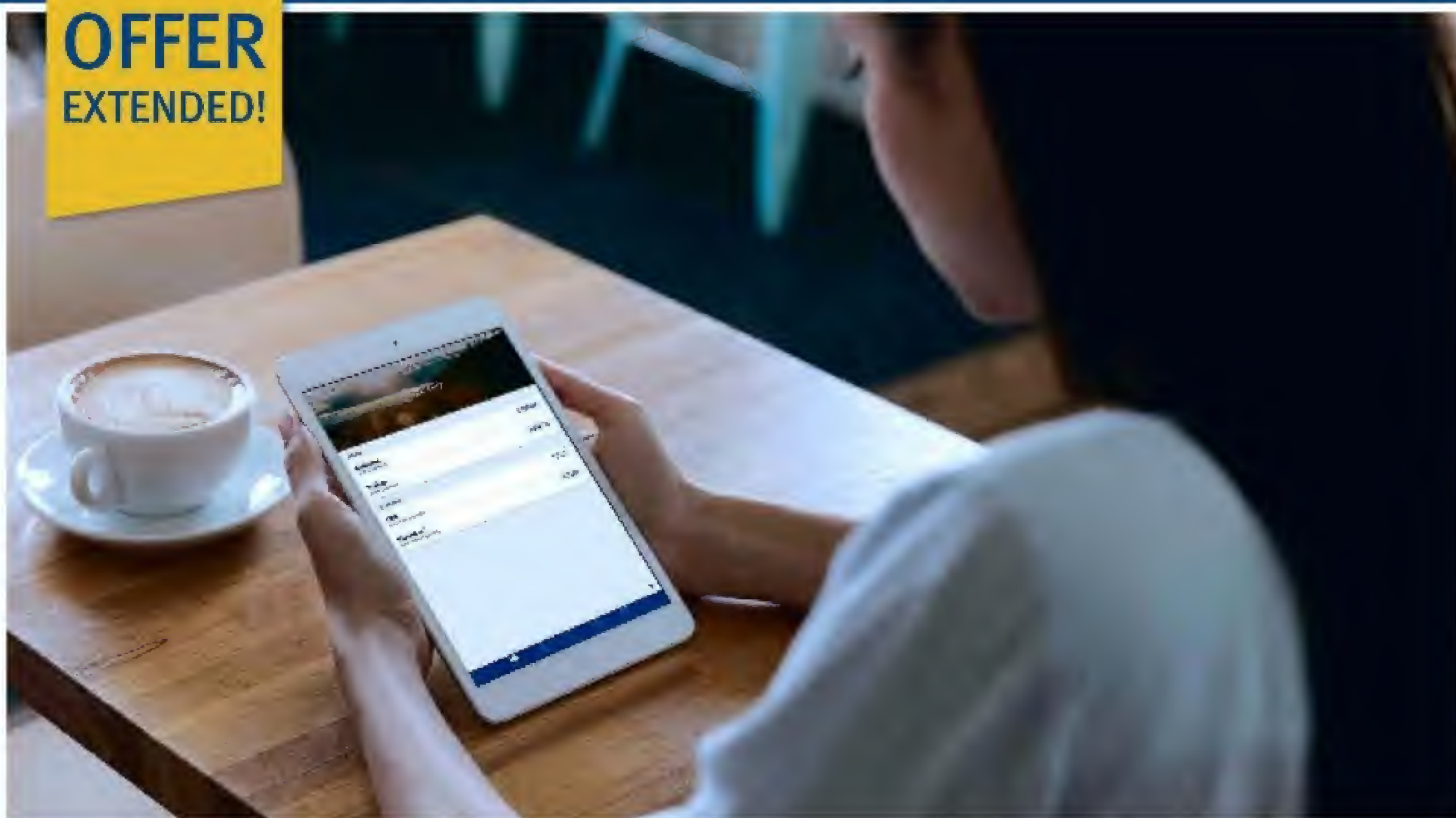




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A ROAD DIVIDED

How to end the rhetoric of
the cars vs. bikes debate

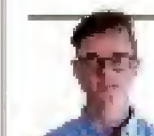
metroNEWS

Cyclist **Andrea Tetrault** says the key to ending hostilities on the streets is simply courtesy. BRAEDEN JONES/METRO

Kids drown at Grand

TRAGEDY

**Medical crews
unable to revive
boy, girl after
30 minutes**



**Braeden
Jones**
Metro | Winnipeg

First responders were unable to save two children who drowned at Grand Beach Monday night.

STARS Air Ambulance spokesperson Cam Heke said the air-borne medical crew landed on the beach 26 minutes after receiving a report of two bodies being pulled from the water.

"The (nurse and paramedic) then provided care along with ground EMS, beach safety patrol, fire fighters, conservation officers and RCMP, and unfortunately after more than

30 minutes... it was not medically required to transport the patients," Heke said.

RCMP confirmed Tuesday the pair who died were an 11-year-old girl and a 12-year-old boy, both from Winnipeg.

"The two children were in the water together and being supervised by the parents of the 12-year-old boy when one of the parents lost track of the children due to the setting sun," said RCMP.

One witness, Grant Magnusson, said lifeguards, police and others cleared the beach and tried to revive the children as they lay on the sand.

"They were working pretty fast and furious. The firefighters were doing a lot of very heavy chest compressions," Magnusson said Tuesday.

An investigation into the incident is underway but RCMP said no charges are expected, and the names of the two children will not be released. WITH FILES FROM THE CANADIAN PRESS

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CRIMINAL INVESTIGATION

Second arrest made in homicide case

Braeden Jones
Metro | Winnipeg

Security camera images released last week have helped police make a second arrest in a July homicide.

On July 5, Cyril Quentin Weenusk, 26, was violently assaulted in downtown Winnipeg near MTS Centre, rushed to the hospital and eventually died of his injuries.

Winnipeg Police arrested one man, Geordie Douglas Wood, 22, on July 15 for his alleged involvement and charged him with second-degree murder.

Believing there was more than one person involved in the assault, police got a special court order on July 29 so that security camera images of a possible youth suspect could be distributed through the media.

"As a result of those images

being released the second suspect was arrested," said Cst. Rob Carver.

Renelle McDougal, 20, was arrested July 29 and also charged with second-degree murder.

Carver said the investigation is "wrapping up," and it looks as though there are no further outstanding suspects.

Police are still unable to reveal too much about what took place in what they are calling a chance encounter gone wrong.

"This wasn't a targeted attack ... they ran into each other by chance, some words were exchanged, an altercation developed that ended up being violent," Carver said. "It's terribly unfortunate but it's not the sort of thing that really typically impacts on someone in the city."

"Sometimes altercations can turn heated and when they do there is always a risk of physical violence and that's what occurred in this case."



Cyril Weenusk. HANDOUT



Throat singer Nikki Komaksiutiksak performed at the announcement. MEG CRANE/METRO

Inuit Art Centre gets federal funding

WINNIPEG ART GALLERY

Canada's first indigenous art centre to see \$15 million

Meg Crane
For Metro | Winnipeg

The federal government is giving \$15 million to the Winnipeg Art Gallery (WAG) for its Inuit Art Centre.

Minister of Natural Resources Jim Carr made the announcement, saying this extension to the existing WAG building will be a place where Inuit art will be honoured, celebrated and preserved for future generations.

"This unique centre will bring the wonders of the north to the south, and allow visitors to learn more about this majestic and mystical part of Canada," said Carr.

The four-level, 40,000 square foot centre will include exhibition space, a conservation facil-

ity and an art studio, said Carr. It will create a cultural, social and economic bridge between northern and southern Canada, said Fred Ford, member of the WAG board of directors and president of the Manitoba Inuit Association.

"Being able to tell our own stories in our own way about colonization, relocation and residential schools is in itself an act of reconciliation," said Ford.

He said the gallery will create a pathway to intercultural understanding, increase Winnipeg's tourism revenue and

create opportunities for people in arctic communities.

"In some instances, as many as 40 per cent of the population are engaged in art making," said Ford.

When in Iqaluit, Nunavut, WAG Director and CEO Stephen Borys said a young man asked when his art centre would be ready.

"I was moved by his belief in our project, which is really his project, which is truly a centre for the Inuit. The first major centre dedicated to indigenous art in Canada," said Borys.

IN BRIEF

Youth workers strike, no contract since 2014

Crisis workers who help troubled youth in Winnipeg are on strike.

The 28 staff who operate the crisis unit at Macdonald Youth Services say they have been without a contract since 2014.

The union says staff crisis teams made about 1,500 visits last year with youth and the average age of the young people who receive help is 13.

During the strike some staff will provide essential services to youth.

THE CANADIAN PRESS

North residents warned about brown water

The City of Winnipeg is warning people in the Kildonans and Garden City to watch the colour of their water until Thursday morning.

According to a statement released Tuesday, a feeder main that crosses the Red River near the Chief Peguis Trail is being returned to full service.

This \$4 million project replaces an older feeder main that needed repairs, said the City.

METRO

BLOODVEIN FIRST NATION

Chief calls for change after lethal joyride

The chief of a Manitoba reserve where two teens were killed in a weekend rollover wants everyone in the community to work at preventing deadly joyrides in the future.

RCMP have said nine children were riding in a pickup truck early Saturday when it rolled outside the Bloodvein First Nation, about 250 kilometres north of Winnipeg.

Two girls died and three others were taken to a Winnipeg hospital with serious but not life-threatening injuries.

Chief Roland Hamilton said that after he got a phone call about the crash, he reached

out to the families of the victims — Abwii Kennedy, 14, and Blossom Dunsford Scott, 13. He also drove to Winnipeg and met with relatives of the injured.

He said he doesn't know all the details of what happened, but understands there were eight girls and one boy riding in both the cab and the box of the truck.

The 14-year-old driver, who remains in hospital, had taken her parents' truck without permission late Friday afternoon, Hamilton added.

CTV News has reported that one girl in the truck said the group had been drinking before

the crash. RCMP confirmed they are investigating whether alcohol was a factor in the crash.

Police have not laid any charges.

"We need to get together as a band and start discussing how can we prevent something like this from happening again," Hamilton said Tuesday.

The chief said that after funerals are held, he wants the band to discuss prevention strategies and get others involved.

It's up to "everyone — parents, RCMP, Child and Family Services, the band itself," he said, to address issues of concern that may have led to the

crash.

Hamilton said some people on the reserve had spotted the joyriding group before the crash.

"I don't know why nobody tried to stop these young kids from driving around."

A candlelight vigil and walk for the two girls killed was held Monday night on the reserve.

Hamilton said one of the injured has since been released from hospital. Another girl remains in stable condition with broken bones. The driver is also receiving care for a spinal injury and may need surgery, he said.

THE CANADIAN PRESS

Put end to road wars: Cyclists

TRANSPORTATION

Say hostility not helpful, but bike lanes could be



Braeden Jones
Metro | Winnipeg

Bike Winnipeg Director Mark Cohoe thinks the city needs to move more quickly in building a bike network to quell recent reports of increasing hostility towards cyclists.

Last week alone, one report noted a 19 per cent increase in biking injuries, another found more than half of drivers find cyclists "annoying," and a Probe Research Poll pitted cyclists against drivers for several startling findings.

Of Winnipeggers polled, 57 per cent said cyclists are not considerate of drivers; 48 per cent said the reverse. A further 48 per cent said cyclists are not considerate of pedestrians, and one media report this week claims pedestrians are fed up with bikes buzzing by on sidewalks.

Cohoe said all of the reports highlight one big problem: insufficient infrastructure.

"We know how to get rid of the problem, and that's to create protected bike lanes," he said.

If drivers are sick of bikes being "in the way" and pedestrians are sick of bikes "buzzing by," it implies roads are for cars and sidewalks are for people.

Bike lanes are for bikes, but Winnipeg doesn't have a complete cycle network.

So Cohoe said it's time to stop avoiding the obvious solution, one that Edmonton's city council recently supported by voting for the installation of a



"For every bad encounter I have on the road, I have thousands of non-incidents."

Andrea Tetrault

Andrea Tetrault, a.k.a. @WPGCycleChick on Twitter, is currently writing a blog to be published this week as a rebuttal to the "target" she says recent media coverage has put on cyclists' backs. BRAEDEN JONES/METRO

temporary bike path network as early as this fall — mirroring rapid (and proven successful) bike path expansion in Calgary.

"It's fantastic to see that step taking place there," Cohoe said, adding Winnipeg should follow suit.

"It would make a big difference immediately with measurable and real changes.

Specifically, Cohoe suggests "moving a lot faster on protected bike lanes" in the downtown area; and along streets like Arlington Street, Provencher Boulevard and Main Street.

The City of Winnipeg has a 20-year master plan for active

transportation that includes key cycling corridors with a slow roll-out and will update streets due for renewal with bike lanes incrementally.

But that plan can be revisited or amended with enough council support, something Cohoe said should be done just like it was in the West.

Hostility versus reality

A quick Google Search or Twitter perusal would tell you drivers and cyclists are in a war for road space that's nearing a boiling point.

But cyclists say that's not necessarily true.

Andrea Tetrault, a.k.a. @WPGCycleChick on Twitter, said recent media reports and research polls paint a picture of intermodal hostility that is more harmful than helpful.

"I don't really feel there's the kind of hostility that's being portrayed in the media," she said. "For every bad encounter I have on the road, I have thousands of non-incidents."

Bike advocate Dave Elmore, also known as @bikenut54 on Twitter, agrees with that sentiment.

"There isn't a war," he said, noting the opposite to be true,

that "the change (in attitude) that's happened for the better over 30 years is significant... a lot of people are pretty darn good."

Both admit there are drivers who are in a rush and honk and curse at bikes, and cyclists that break the rules, too, but in no way could either group be painted with the same broad brush stroke in an all-encompassing way.

Both Tetrault and Elmore believe it's less of a question of if cyclists need to change behaviour or if drivers need to do so, but more the case that "Winnipeggers need to show

more courtesy."

"The honest truth is we are all just people... we just need to show each other much more courtesy, all of us," Elmore said.

Education

The issue with all Winnipeggers needing to give each other more space — however they choose to get around — is easily solved, too, Cohoe said.

"I think we need to get a bit more education out there," he explained. "Right now the city doesn't put anything out in terms of education."

Cohoe feels it's the responsibility of the City of Winnipeg to tell cyclists why they should ring their bells and slow down when approaching cyclists, and tell drivers to give cyclists space when passing them.

He said when more people know the rules and best practices, more people will be inclined to follow suit.

Just as well, with new cycle infrastructure like the Main Street crossing at Assiniboine Avenue, he feels that it often opens without adequate explanation.

"There's no sense of why it's there, how to interact with it (for bikes or cars), how it's timed... That would be beneficial for everyone to know," he said.

"There's no education and that's typically how we do things in Winnipeg, we put it out there and expect people to understand.

"It leads to a lot of confusion that's really unnecessary... we spend a lot of money on infrastructure and very little on education."

Bike Winnipeg is currently working on an education component for healthy multi-modal harmony with a Winnipeg school division as a pilot project, but he feels it's "something we as a city could put more effort into."

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Reshaping immigration

GOVERNMENT

Experts say federal report must address four key gaps

Having inherited an immigration system plagued with backlogs and heavy-handed enforcement, the Liberal government says it's keen to hear what you think needs to be done about Canada's immigration future.

Since the beginning of the summer, Immigration Minister John McCallum and his parliamentary secretary, Arif Virani, have held more than two dozen roundtable meetings across Canada with settlement services organizations, businesses and community groups.

While the final report won't be ready until the fall, Torstar News Services interviewed a group of immigration experts to weigh in on the national dialogue by identifying gaps in the system and offering solutions.

Meaningful and accessible citizenship



Jasmyne Bowen waves her Canadian flag while sitting on her cousin's lap during the citizenship ceremony for 37 new Canadians in Guelph in July 2013. TONY SAXON/TORSTAR NEWS SERVICE

Andrew Griffith, a former director general at the immigration department, said Canada largely has its immigration policies and programs right, but an independent review by a royal commission would be helpful.

Griffith said Ottawa must set targets for naturalization as a benchmark, to assess whether its policies strike the right balance in making citizenship accessible

and meaningful.

Family reunification key to immigrants' success:

Debbie Douglas, of the Ontario Council of Agencies Serving Immigrants, said Canada's immigration program should be guided by the principle of nation-building. And the best way to support newcomers is to support family reunification through

faster processing.

"We believe family reunification should be increased to 40 per cent of total immigration numbers," she said.

"Canada should also prioritize refugee family reunification and invest the needed resources to reduce processing delays in refugee family sponsorship."

Foreign workers, migrants

need access to permanent residence:

Harald Bauder, director of Ryerson University's graduate program in immigration and settlement studies, said the success of Canada's annual intake of immigrants depends on the government's willingness to fund the settlement sector.

With proper resources, he said, Canada could welcome far beyond 1 per cent of its population annually.

The 1 per cent solution for growth and prosperity:

The Conference Board of Canada said immigration is the backbone of the country's population growth and Canada could admit up to 1 per cent of its population in immigrants each year, for its economic prosperity.

"To go beyond the 1 per cent annual level of immigration, Canada would need to rethink its allocation of resources and strategic plans for helping to spread settlement across the country and outside of major cities," the board said in a response prepared by vice-president Michael Bloom and research associate Kareem El-Assal. THE CANADIAN PRESS

IN BRIEF

Agency urges caution as Zika hits U.S. mainland

The Public Health Agency is telling pregnant Canadian women who visited the Miami area in Florida on or after June 15 to take precautions against the Zika virus.

The warning comes after U.S. health officials said mosquitoes have apparently started spreading Zika on the U.S. mainland. THE CANADIAN PRESS

Ontario NDPPer drops out of federal leadership race

Ontario New Democrat Cheri DiNovo is pulling out of the federal NDP's leadership race because of health reasons.

DiNovo, a member of the Ontario legislature, issued a statement saying she suffered what doctors believe were two small strokes in recent weeks, which she called "a terrifying ordeal."

The veteran NDPPer says she needs to spend the next month or so focusing on her health so she'll be able to return to the Ontario legislature for the fall sitting. THE CANADIAN PRESS

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Barack Obama speaks about Donald Trump at a press conference Tuesday. SAUL LOEB/AFP/GETTY IMAGES

Trump 'unfit' to be president: Obama

PRESIDENTIAL RACE

U.S. leader says it's time for Republicans to cut ties

In a searing denouncement, President Barack Obama castigated Donald Trump as "unfit" and "woefully unprepared" to serve in the White House. He challenged Republicans to withdraw their support for their party's nominee, declaring, "There has to come a point at which you say enough."

While Obama has long been critical of Trump, his blistering condemnation Tuesday was a notable escalation of his involvement in the presidential race.

Obama questioned whether Trump would "observe basic

decency" as president, argued he lacks elementary knowledge about domestic and international affairs and condemned his disparagement of an American Muslim couple whose son was killed while serving the U.S. Army in Iraq.

A chorus of Republicans has disavowed Trump's criticism of Khizr and Ghazala Khan and the Republican nominee's calls to temporarily ban Muslims from coming to the U.S. But Obama argued that isn't enough.

"If you are repeatedly having to say, in very strong terms, that what he has said is unacceptable, why are you still endorsing him?" Obama asked during a White House news conference. "What does this say about your party that this is your standard-bearer?"

No prominent Republican lawmaker responded to Obama's challenge. THE ASSOCIATED PRESS

+ TRADE DEAL

Obama says he plans to save the 12-country Trans-Pacific Partnership trade deal during the two-month post-election period known as the lame-duck session, when the outgoing administration and lawmakers briefly remain in office.

The deal essentially dies without U.S. ratification. To enter into force, the agreement needs to be approved by the lawmaking bodies of at least 85 per cent of the TPP region's total economy — a mathematically impossible task without the U.S. THE ASSOCIATED PRESS

DIVISION

Key party figures not endorsed

As Republican loyalists continue to flee, Donald Trump ignited new party tensions Tuesday by refusing to endorse House Speaker Paul Ryan or a pair of senators seeking re-election, a remarkable display of party division just three months before Election Day.

The Republican presidential nominee told The Washington Post he's "just not quite there yet," when asked about an endorsement of Ryan, who faces a primary election next week. In doing so, he echoed the House speaker's comments of almost three months earlier, when the Wisconsin congressman was initially reluctant to embrace Trump as his party's standard

bearer.

Also Tuesday, the woman who helped shape New Jersey Gov. Chris Christie's national image declared that she's voting for Clinton.

"As someone who has worked to further the Republican Party's principles for the last 15 years, I believe that we are at a moment where silence isn't an option," former Christie senior aide Maria Comella told CNN.

They join dozens of high-profile GOP leaders who have



Paul Ryan
ASSOCIATED PRESS

previously said they would not vote for Trump, including the party's 2012 nominee, Mitt Romney, and former Florida Gov. Jeb Bush.

A day earlier, Sally Bradshaw, an architect of the Republican National Committee's 2013 Growth and Opportunity report, said she's leaving the GOP. Her decision to leave the party rocked those who make politics their profession.

"Trump has moved in exactly the opposite direction from our recommendations on how to make the party more inclusive," said Ari Fleischer, who worked with Bradshaw and was a senior adviser to President George W. Bush. THE ASSOCIATED PRESS

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Earth feeling the heat

CLIMATE

Report says 2015 was the hottest year on record

Earth's fever got worse last year, breaking dozens of climate records, scientists said in a massive report nicknamed the annual physical for the planet.

Soon after 2015 ended, it was proclaimed the hottest on record. The new report shows the broad extent of other records and near-records on the planet's climatic health. Those include record heat energy absorbed by the oceans and lowest groundwater storage levels globally, according to Tuesday's report from the National Oceanic and Atmospheric Administration.

"I think the time to call the doctor was years ago," NOAA climate monitoring chief Deke Arndt, co-editor of the report, said in an email. "We are awash in multiple symptoms."

The 2015 State of the Climate report examined 50 differ-



Children play as they cool down in a fountain beside the Manzanares river in Madrid last year — a year that saw dozens of climate records broken. ANDRES KUDACKI/THE ASSOCIATED PRESS FILE

ent aspects of climate, including dramatic melting of Arctic sea ice and glaciers worldwide. A dozen different nations set hottest year records, including Russia and China. South Africa had the hottest temperature

ever recorded in the month of October: 119.1 degrees Fahrenheit (48.4 degrees Celsius).

Even though it was a relatively quiet hurricane year in the Atlantic, there were 36 major tropical cyclones world-

wide — 15 more than average, said NOAA climate scientist Jessica Blunden, co-editor of the report published Tuesday in the Bulletin of the American Meteorological Society.

THE ASSOCIATED PRESS

TURKEY

Erdogan blames West for attempted coup

Turkish President Recep Tayyip Erdogan once more blasted unnamed Western countries Tuesday for what he said was support for the attempted coup on July 15 that left more than 270 people dead.

"The West is supporting terrorism and taking sides with coups," Erdogan said, adding that forces unhappy with Turkey's rise as a regional power were behind the coup.

Erdogan also repeated a complaint that no foreign leader had visited Turkey after the failed coup, while France and Belgium received visits in soli-

darity after terror attacks there.

"Those we considered friends are siding with coup-plotters and terrorists," the president said.

When it was allied with Erdogan's government in the past, the Gulen movement was believed to have been behind a series of crackdowns on pro-secular figures as well as military officers accused at the time of plotting a coup. Hundreds were jailed after trials in which evidence was later found to have been fabricated. Many convictions have been overturned. THE ASSOCIATED PRESS

IN BRIEF

Heavy monsoon rains batter India

The death toll in flooding from heavy monsoon rains in India has climbed past 90, with about a million people taking shelter in government-run relief camps, officials said Tuesday.

Incessant downpours have damaged swaths of land,

uprooted trees and snapped telephone cables in dozens of districts in the states of Bihar in the east, Assam in the remote northeast and Himachal Pradesh in the north.

A total of 96 people have been killed in the flooding in the three states over the past week, according to state officials. THE ASSOCIATED PRESS

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NewLeaf files suit against advocate

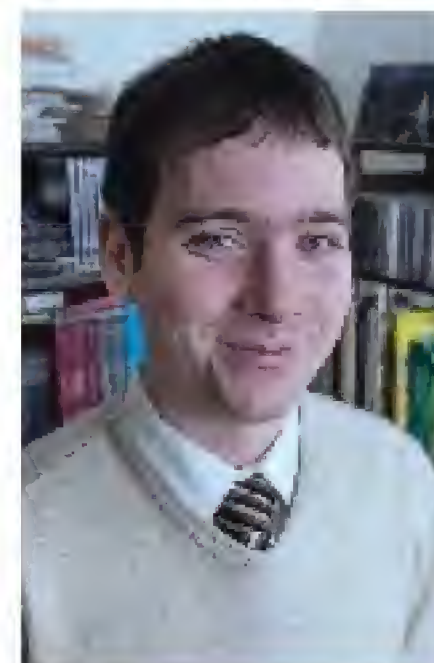
NewLeaf Travel, a Winnipeg upstart offering discount airfares, is taking direct aim at its main critic, filing a defamation lawsuit against the consumer advocate who has raised concerns about its operations.

The company, which launched last month after a false start over licensing questions earlier this year, is accusing Gabor Lukacs, a self-described airline passenger rights' advocate, of "an unrelenting, aggressive and malicious attack," targeted at NewLeaf and at NewLeaf's potential and existing customers.

The statement of claim, filed in Manitoba last month, alleges that Halifax-based Lukacs, is making "false and malicious statements" on his Airline Passengers Rights page on Facebook and in Twitter posts, suggesting NewLeaf is operating illegally.

NewLeaf Travel, which calls itself a "low-cost" air travel company, originally announced plans to begin operating in February. But when questions emerged about whether NewLeaf needed to be licensed by the Canadian Transportation Agency, it suspended sales and refunded customers.

After a review, the Canadian



Gabor Lukacs

THE CANADIAN PRESS FILE

Transportation Agency sided with NewLeaf, arguing it was merely a ticket reseller and not an airline, as it contracts all flying including pilots and flight attendants with Kelowna-based Flair Air. As a result, the agency deemed it not to be an airline, and it does not need a licence, or does not need to put down a significant deposit. Lukacs was not satisfied with that ruling, and has filed a formal appeal of the agency's decision, with a hearing expected in the fall.

TORSTAR NEWS SERVICE

IN BRIEF

Vancouver tax could shift foreign buyers to Toronto

Toronto's red-hot real estate market could get even hotter as foreign nationals looking to dodge a new 15 per cent tax on properties in Vancouver seek new places to invest, realtors say. But it has also given rise to concerns that it could exacerbate Toronto's housing market.

"Where are those foreign investors going to go?" said Derek Ladouceur, a Toronto real estate agent. "They're not going to want to pay that 15 per cent, so they're going to now dump it into the Toronto real estate market, which is already hot." THE CANADIAN PRESS

Small fish in big trouble

The Fisheries Department needs to start considering predators' fate when it sets catch limits for small fish, a new report by WWF-Canada concludes. The group analyzed data on 27 foraging species, and found three fisheries are in decline in Atlantic Canada. Seabirds, whales and bluefin tuna face starvation without the schools of foraging fish, which are critical to the recovery of fisheries. THE CANADIAN PRESS

ROSEMARY WESTWOOD ON A CYCLE OF FEAR

We are not engulfed in anti-immigrant sentiment but we still hear the old chestnuts ('Go back where you came from!') delivered with an urgency that belies how familiar the process of welcoming newcomers really is.

Anti-immigration calls enveloping the U.S. election and destabilizing politics in Europe contain a common urgency.

Common, but deceptive. The urgency is actually old and recycled. It's contained in anti-immigration calls over centuries, addressed in a Shakespeare monologue that calls for an angry mob to put itself in the foreigner's shoes, exemplified by discrimination and hatred shown to Irish, Italians and Polish in North America in decades past. The urgency is apocalyptic. It signals a swift-stalking doom. It promises the end is pretty much already nigh, the fears already realized.

And it was the tenor of public sentiment here, fifty years ago, when Matilda, an Armenian from Aleppo, Syria, arrived in Canada.

"Back then it was nothing to say, 'Go back where you came from,'" she said, sitting in a chair in the centre of the corner shop she runs in Toronto's Little Italy, an odds-and-ends buffet of household items supplied entirely by her not large, but largely hoarding family ("One even keeps gum wrappers!").

There are teacups, silverware, running shoes and a floral kimono (which brought me in), a vintage Madonna magazine, art prints, and the sense that anything might be unearthed. But Matilda herself is far more interesting. She sat near a fan ("I hate the heat") and I found myself sitting in the chair beside her, which I now imagine she keeps for visitors, expected or otherwise.

"Do you know what a DP

is?" she asked, then answered: "Displaced person."

When Matilda and her husband arrived in Toronto, they rented an apartment while her husband, who had already studied to become a pharmacist in Rome, went back to school to earn Canadian credentials while working night shifts at a hospital pharmacy.

"You DP's," their neighbour

from" if they seek to cover their face during citizenship ceremonies.

That same old chestnut. Which is not to say we are also engulfed, like U.S., or the U.K., or Europe generally, in anti-immigrant sentiment. Eight in 10 Canadians think immigration is good for the economy, and more than half disagree with the statement



A CANADIAN TRADITION Former Conservative immigration minister Jason Kenney is seen in 2010 at a press conference where he announced an increase in Canada's refugee quotas. CPFILE

told them one day, repeating a phrase echoed through history: "You come here and take all the jobs."

For forty years, Matilda's husband ran a pharmacy in this shop, and the pink neon "pharmacy" sign still glows over a clothing rack. He died suddenly one day at work eight years ago, and no one wanted to buy the little pharmacy, she said. So, two months later, Matilda opened the reimagined shop.

She thinks Toronto has changed immensely since they arrived, grown in diversity and diminished in discrimination. And yet, last year, during the height of the niqab debate, a Conservative MP was chastised for telling Muslim women to "stay the hell where you came

from" if they seek to cover their face during citizenship ceremonies. That same old chestnut. Which is not to say we are also engulfed, like U.S., or the U.K., or Europe generally, in anti-immigrant sentiment. Eight in 10 Canadians think immigration is good for the economy, and more than half disagree with the statement

that immigration levels are too high, according to an Environics Institute survey from 2015. Even our right-wing politicians are believers. When Jason Kenney, a former immigration minister, announced his campaign to unite and lead Alberta's right-wing parties, he played up immigrants' positive impacts on this country. His former colleague, MP Michelle Rempel, has been hammering away at the Liberal government for not fast-tracking Yazidi refugees from Iraq.

But Canada has something that others do not: control. It's difficult to travel to this country, bordered as it is on three sides by forbidding oceans and on the fourth side by the U.S.

Immigrants brought here, under a fairly well-functioning program, are often highly skilled and carrying job offers (a priority for the Conservatives). Essentially, they're invited. In the U.S., the U.K. and other nations, immigrants are those who arrive of their own accord.

Our buffers make our welcoming posture easier to achieve, warns Jeffrey Reitz, director of Ethnic, Immigration and Pluralism studies at the Munk School for Global Affairs. And studies have not conclusively shown that we're any better than the U.S. at integrating immigrants when they do arrive, he added.

As for the desperation with which anti-immigrant sentiment is flung, it's historically unnecessary.

"In every wave of immigration, people raise the alarm that society is being destroyed and in no case that I can think of has it come to pass," Reitz said.

A recent case in point: "In the '70s and early '80s, there was a big debate in Toronto about the fact Toronto was no longer, because of immigration, a majority British city."

And then?

"All the people that used to be in 'them' in the '70s and '80s, they then became 'us.'"

A more recent case in point: As I was talking with Matilda, a homeless man in a long trench and non-matching sneakers sans laces walked in.

"Here comes my boyfriend," she said.

"Candy?" the man asked.

"Yes, I have candy for you," she said. "One minute."

The man pulled up his pant legs to reveal bare ankles.

"And socks."

"Yes, I have socks for you."

She turned back to me to deliver the punchline of the joke she was telling. "The third man says, 'I wrote him a cheque!'"

Then she laughed and then she moved off to retrieve her boyfriend's requests. One of us and, surely, one of the better.



'The Brazilian Way' of getting the job done

Kira Proctor

With only days to go before the opening ceremonies, there are growing concerns over whether Rio de Janeiro is prepared to host the Olympics.

Amid the published concerns, there are plenty of good reasons for doubt: a government in political turmoil, a state that is bankrupt, the potential threat of the Zika virus, unfinished stadiums void of workers or progress, similarly unfinished metro links, contaminated water in the harbour, and numerous reports of human rights violations, which include everything from forced evictions to police brutality.

The consensus in the media is clear: Rio is a disaster. Outside of the country, this news carries an element of shock. How could they let it get so bad? When I speak to friends in Brazil, my questions are met with tired shrugs and a quippy "What did you expect?" With a smirk that seems to combine celebration and cynicism, they add, "It's the Brazilian way."

Is there such a thing? Brazilians seem to think so. It even has a name: *jeitinho*. According to Brazilian anthropologist Livia Barbosa, there is no English translation for the expression *dar um jeitinho*. She says, "To pull a string" or "to cut through the red tape" are the most similar idiomatic expressions I can find."

The *jeitinho* suggests a circumventing of official channels, along with a certain resourcefulness and creativity in getting what you need. Flirting with a bank teller to speed up a money order, slipping through a club's side door with the help of a bouncer, getting a co-worker to cover

for you when you duck out early.

Most cultures employ analogous methods of pulling strings or helping each other out, so what makes the *jeitinho* unique? It seems to occur on an almost instinctual level for most Brazilians; it may be their first course of action, before even trying official channels. It is a favour asked for and given without the expectation of being repaid in anything but friendliness. There is no debt. It is a human practice — sympathetic, kind, helpful, and a great equalizing force in a society plagued by inequalities.

A similar bending of the rules goes on at the highest levels of government but sadly performs the opposite function. We're seeing it right now in the leadup to the Olympics. Take the wall erected along the highway from the airport to the touristy areas of the Zona Sul. Sold to locals as a sound barrier, it's obviously an attempt to block out some of Rio's most impoverished communities. It turns transparent any time there is something positive to look at — a newly built school, for instance.

"The Olympics pretext is awesome," Rio's mayor joked in 2012. "I need to use it as an excuse for everything. ... Now all that I need to do, I will do for the Olympics. Some things could be really related to the Games, others have nothing to do with them." Was anyone laughing then? Are they now?

The *jeitinho* is Brazil at its best and worst. Whether Rio succeeds or fails in pulling off these Olympics, it will be largely because of the *jeitinho*.

Kira Proctor is a writer who spent three years living in Brazil, studying Portuguese, capoeira and Afro-Brazilian dance and culture.

Where immigration is concerned, Canada has something that others do not: control

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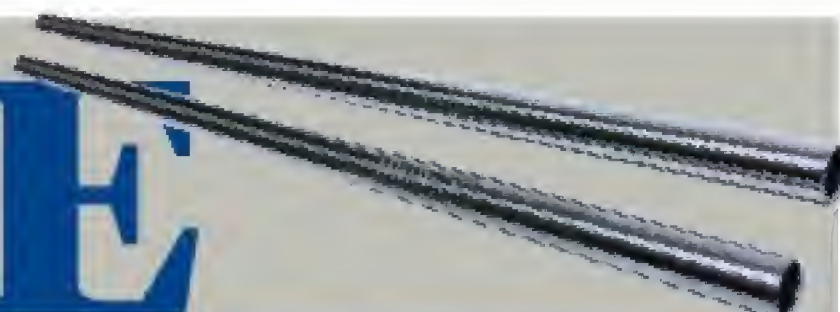
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What's next for the kids?

This summer's hit show *Stranger Things* rides a Steven Spielberg-Rob Reiner vibe with its use of a solid young cast and early 1980s timeline to tell an engrossing sci-fi (with a side of horror) tale. It's only been on Netflix for about a month, but the pre-teen stars appear poised for bigger things. We check in on what's next. **TORSTAR NEWS SERVICE**

NOAH SCHNAPP

He plays Will Byers, the vanished boy who sets the story in motion. Before the show, the 11-year-old actor voiced Charlie Brown in *The Peanuts Movie* and played Tom Hanks' son in Steven Spielberg's *Bridge of Spies*. He'll be seen next as Otis, a "nine-year-old crossword fanatic" in family drama *We Only Know So Much*, alongside Jeanne Tripplehorn, Damian Young and Loudon Wainwright III. It's due out next year.



FINN WOLFHARD

The Vancouver-born 13-year-old plays Mike Wheeler, leader of the group of guys at the heart of *Stranger Things*. And this is not the only horror-tinged project on his plate. There's plenty more spooky stuff going on for Wolfhard, who is now in Toronto shooting *Andres Muschietti's* two-part remake of *It*. He plays one of the seven kids in the *Losers Club*, *Richie Tozier*.

CALEB MCLAUGHLIN

Now playing likable Lucas Sinclair on *Stranger Things*, McLaughlin isn't ready to leave the '80s behind. He'll be seen next in *New Edition: The Movie*. The three-night miniseries to air on BET tells the story of the 1980s boy band, with McLaughlin playing the young Ricky Bell. Elijah Kelley takes over the role as the singer grows up.

GATEN MATARAZZO

The young actor described his character Dustin Henderson as "a gregarious, foul-mouthed 12-year-old boy" in an interview with *IndieWire*. His speech impediment is natural, so is his adorable smile. This is only his second TV role, but Matarazzo is no performing newcomer. When he's not on the *Stranger Things* set, he's busy playing Gavroche in musical *Les Misérables*.

MILLIE BROWN

Playing Eleven, the mysterious girl with the shorn hair, fixed stare and psychokinetic skills, is the breakout role for the 12-year-old Spanish-born Brit. She's done a few TV guest spots, including *Grey's Anatomy* and *Modern Family*, and played young Alice in series *Once Upon a Time in Wonderland*. What's next could include a musical. Brown's YouTube site has her doing emotional renditions of songs by Amy Winehouse, Adele and John Lennon.



COURTESY NETFLIX



JOHANNA SCHNELLER WHAT I'M WATCHING

When the little ones grow up to hate you

THE SHOW: *Tallulah* (Netflix)
THE MOMENT: Stating the theme

Tallulah, or *Lu* (Ellen Page) — who lives hand-to-mouth in her van — has done something rash.

She snatched a toddler from an unhappy mother, Carolyn (Tammy Blanchard), an aging sex bomb. Then she passed the baby off as her own to her boyfriend's mom, Margo (Allison Janney), who's unhappy for different reasons. Now the police close in

on *Lu*, while Carolyn waits with Margo. "I wished for this to happen," Carolyn says. "So many times. 'If only she was gone.'"

"You don't mean that," Margo says.

"I did," Carolyn insists. "I kept waiting for some mommy feeling, but it never came. I thought maybe if I had a baby, my husband would be interested in me again."

"But it's the opposite. It's so lonely. Am I a horrible person?"

Margo's eyes well. "We're all horrible," she says. "And we're all just people."

Normally I'm not impressed when dialogue hits the theme on the nose. But in this telefilm, it works, beautifully, because it comes from Margo's character. All three women are drawn both fully and delicately. Each does things that surprise us, but each surprise is true to, and deepens, who they are. That's a feat. And can we please share a moment

of silent reverence for Janney?

This is one of many beats where she leaves us gaping.

Every parent will relate to an earlier one: *Lu* mentions that the toddler's littleness blows her mind. "Then they grow up and hate you," Margo says, "and it really blows your mind."

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Lu (Ellen Page) is a delicately developed character. CONTRIBUTED

New twist on old favourite

RECIPE

Caprese salad boasts creamy cheese, crunchy prosciutto

The Caprese salad is universally loved.

In Cravings, Chrissy Teigen's cookbook that she co-wrote with Gourmet magazine alumna Adeena Sussman, the model offers a new take on a summer favourite.

She uses burrata — fresh mozzarella with a creamy centre — and cuts the tomatoes in different shapes and sizes, some slices, some wedges.

She omits the traditional basil and adds arugula and delicious, crunchy prosciutto chips which take this Caprese from ordinary good to extraordinary great.

The prosciutto chips (she calls them crisps) are easy to prepare and make such a difference. You can substitute them in almost any recipe that calls for bacon.

Caprese salad with crispy prosciutto

Serves 6.

Ingredients:

- 4 cups baby arugula
- 1 (8-ounce) ball burrata or fresh mozzarella cheese
- 2 pounds assorted ripe tomatoes cut in a variety of shapes (wedges, slices, chunks, etc.)
- 3 tablespoons best-quality olive oil
- 1 tablespoon balsamic vinegar

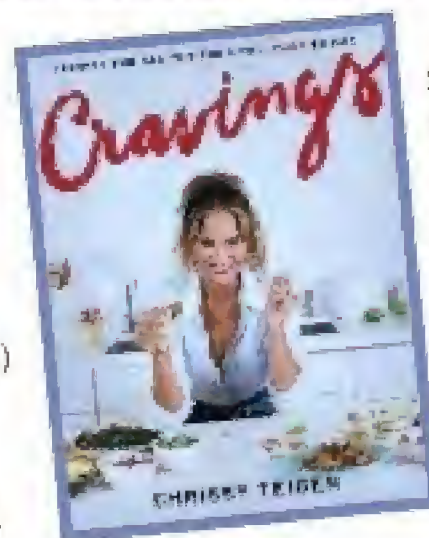


This Caprese salad uses burrata — fresh mozzarella with a creamy centre. CONTRIBUTED

- 1-2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- 6-12 prosciutto crisps (recipe follows)

Directions:

1. Scatter the arugula on a serving platter and place the cheese in the centre. Arrange the tomatoes around the cheese.



2. Cut a small opening in the burrata/mozzarella ball so you can see the centre, and then drizzle olive oil all around the platter.

3. Drizzle balsamic vinegar on the

tomatoes and arugula. Season with the salt and pepper and top with the prosciutto crisps.

Prosciutto crisps

1. Preheat oven to 400 F. Line a baking sheet with parchment paper.

2. Arrange prosciutto on the baking sheet.

3. Bake until wrinkled and slightly shrunken, 11 to 13 minutes. (It will crisp as it cools.)

4. Cool, eat whole as a snack, or crumble and use as a garnish for salads, or anything that could use crispness.

THE ASSOCIATED PRESS

U.S. RESEARCH

Medical benefits of flossing not proven

It's one of the most universal recommendations in all of public health: Floss daily to prevent gum disease and cavities.

Except there's little proof that flossing works. Still, the U.S. government, dental organizations and manufacturers of floss have pushed the practice for decades. Dentists provide samples to their patients; the American Dental Association insists on its website that, "Flossing is an essential part of taking care of your teeth and gums."

The U.S. federal government has recommended flossing since 1979, first in a surgeon general's report and later in the Dietary Guidelines for Americans issued every five years.

The guidelines must be based on scientific evidence, under the law. Last year, the Associated Press asked the departments of Health and Human Services and Agriculture for their evidence, and followed up with written requests under the Freedom of Information Act.

When the federal government issued its latest dietary guidelines this year, the flossing recommendation had been removed, without notice.

In a letter to the AP, the government acknowledged the effectiveness of flossing had never been researched, as required.

The AP looked at the most rigorous research conducted over the past decade, focusing on 25 studies that generally

compared the use of a toothbrush with the combination of toothbrushes and floss. The findings? The evidence for flossing is "weak, very unreliable," of "very low" quality, and carries "a moderate to large potential for bias."

The majority of available studies fail to demonstrate that flossing is generally effective in plaque removal," said one review conducted last year.

One study review in 2011 did credit floss with a slight reduction in gum inflammation — which can sometimes develop over time into full-fledged gum disease.

However, the reviewers ranked the evidence as "very unreliable."

A commentary in a dental magazine stated that any benefit would be so minute it might not be noticed by users.

National Institutes of Health dentist Tim Iafolla acknowledged that if the highest standards of science were applied in keeping with the flossing reviews of the past decade, "then it would be appropriate to drop the floss guidelines."

Regardless, he added, people should still floss.

"It's low risk, low cost," he said.

"We know there's a possibility that it works, so we feel comfortable telling people to go ahead and do it."

THE ASSOCIATED PRESS



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REVIEW

Collab? Compact? Crossover? Cool.



**Sami
Haj-Assaad**
AutoGuide.com

Today's review of the Infiniti QX30 is brought to you by the letter C. C, as in collaboration, compact and crossover — all words that apply directly to this all-new vehicle from the Japanese automaker.

See, this new vehicle from Nissan's luxury arm was developed with some help from a German rival: Daimler, the folks behind Mercedes-Benz.

In fact, the platform and powertrain are all Mercedes derived, and you can get a very similar car to the QX30 with the Mercedes GLA 250. But there's more. It features a nicely crafted cabin, more refined driving dynamics and is offered in a number of different variants that will surely appeal to luxury buyers.

Infiniti wants customers to think of the QX30 as a whole family of vehicles. That's because it is offering three versions of it: the base QX30, the QX30 Sport and the QX30 AWD.

One of the bigger complaints we had with the Mercedes GLA is the amount of rear seat space for passengers. Sadly, the QX30 offers even less passenger volume than the GLA, but pro-

vides more cargo room. This is more than the Lexus NX, BMW X1 and Audi Q3. Despite being called a crossover, the QX30 and QX30 AWD are actually lower in height than most of those aforementioned cars. Only the GLA 250 is lower than the QX30 AWD, by 0.2 of an inch.

Competing with such cars as the BMW X1, Audi Q3, Lexus NX and Mercedes GLA isn't easy, but a low price tag, several available models and attractive styling will help Infiniti move units. And once you drive a QX30, things get more impressive.

Unlike the GLA it has so much in common with, the QX30 feels far more refined, particularly in regards to the powertrain. Where we found the seven-speed dual clutch to be lazy and jerky in the GLA, the QX30 felt much more normal in comparison.

The engine is quick enough and you won't be wanting much more power, although high-speed passes will take a little extra planning. The thrust of the turbo is pretty good, although the QX30 AWD felt a little less sprightly off the line. I'd chalk that up to extra weight, as the all-wheel drive adds a lot of weight of the car. Still, the porkiest version of this vehicle (QX30 AWD with the Premium package) weighs under 1,588 kilograms, meaning the engine should be quite efficient.

The ride quality is top notch. It's smooth, confident and reminds me of the bigger vehicles Infiniti offers.

THE CHECKLIST | 2017 INFINITI QX30

THE BASICS

Engine: 2.0-litre turbocharged four-cylinder

Power: 208 horsepower and 258 lb-ft of torque

Transmission: Seven-speed dual clutch automatic

Fuel Economy: TBD

Pricing: Expect it to start at in the mid-\$30K, U.S.



LOVE IT

- Refined
- Stylish
- Nice Interior

LEAVE IT

- Cramped rear seat
- Noise
- Low height for a crossover

CAR CARE

Are you being a goon if you use the wrong gas in your vehicle?



**Sami
Haj-Assaad**
AutoGuide.com

Does your car need regular fuel or premium? Gas or diesel? What happens if you put the wrong fuel into your car?

The results vary wildly from case to case, but you need to be careful and be aware of what effects your actions might have.

What happens when you put

diesel in a gas car?

Due to the different nozzles used for gas and diesel fuel at stations, it's usually hard to mix them up, but mistakes do happen.

If you realized your mistake, the important thing is to stop driving the car. Parking and turning off the engine will limit the damage. Otherwise, the car will use up the remainder of the gas in the tank and eventually shut down, since gas engines can't combust diesel.

What you need to do is

drain the tank and fuel lines, fuel rails and injectors of the diesel fuel. You can try to do this yourself, but a mechanic is better. Usually, there's no permanent damage, but this kind of fix can cost anywhere between \$500 and \$1,000 US plus the cost of a tow to the closest mechanic.

How about gas in a diesel car?

Going the other way around is far more harmful and dangerous for your car. Diesel is not only a fuel, but serves as a lubricant as well, so you can

really damage the fuel-injector pump by using gasoline instead of diesel.

That's not the only thing that can go wrong. Diesel and gasoline have different combustion properties, meaning gas would detonate much earlier in a diesel engine, resulting in misfires and knocking that will require certain parts of the engine to be repaired, rebuilt or replaced.

If you accidentally put diesel into your gas-powered car, stop running the engine immediately and get a tow to a

mechanic, where they will drain and clean your system.

Premium fuel in a car that doesn't need it?

Sorry to burst your bubble, but nothing significant will happen.

In some cases, like while towing or in hot, dry weather you might see a slight benefit, but due to the engine computers adjusting their timing automatically to compensate for the increased octane levels, no damage or noticeable benefits will occur.

Regular gas in a car that needs premium?

Using lower octane fuel in a car that calls for premium can cause serious damage to your vehicle.

You'll likely notice the spark knock, which is best described as a sort of a high-pitched pinging or rattling noise.

Fortunately, the engine computers can adjust timing to limit damage caused, but you'll notice reduced performance and poor fuel economy.

Switch back to premium as soon as you can.



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Nichols' debut display no fluke says Harris

CFL

Bombers' RB backs QB after starring in win over Eskimos

Andrew Harris isn't buying the suggestion Matt Nichols was first-time lucky in his 2016 debut with the Winnipeg Blue Bombers.

Nichols had 304 yards passing and a TD in leading Winnipeg past the Edmonton Eskimos 30-23 last week. It was Nichols' first start of the season after replacing incumbent Drew Willy. Nichols will make his second straight start Wednesday when Winnipeg (2-4) hosts the Hamilton Tiger-Cats (3-2).

"Nichols has been in the league for many years and he's won a lot of games, so to say that's a lucky win, that's crazy talk," Harris said after Tuesday's walk-through at Investors Group Field. "He's a competitor."

"He plays with a lot of passion and he's one of those guys that knows how to win games. He played great. I thought our whole offence played great. We've just got to continue to do that."

The Bombers can end some dubious streaks with a win over the Ticats. Winnipeg hasn't won at home in its last six tries and the last time it registered consecutive victories was in July 2014. Harris, who signed with his hometown club in the off-season, wants to give Winnipeg fans



Matt Nichols and the Bombers will try to win consecutive games for the first time in over two years on Wednesday night when they host Hamilton at Investors Group Field. JEFF MCINTOSH/THE CANADIAN PRESS

something to cheer about. Harris certainly did his part against Edmonton, running 22 times for 127 yards — his first 100-yard effort of the year — and scoring his first TD of the season.

He credited an attitude change as one reason why the offence, particularly the offensive line, played so well.

"I think we just got kind of sick of being bullied a little bit and we played with an attitude and a passion and a little chip on our shoulder," Harris said. "I've been talking about

that all week and we've got to maintain that and keep playing with that kind of passion."

Nichols vowed he'll be fired up again and said the team showed its identity last week. "Last week, we did a lot of good things in all three phases where we were very aggressive, hitting people, taking it to them rather than kind of sitting back on our

heels and hoping good things happen," Nichols said.

Nichols will be dealing a receiving corps that took more hits

Nichols has been in the league for many years and he's won a lot of games, so to say that's a lucky win, that's crazy talk.

Andrew Harris

'Peg missing top receivers for Ticats test

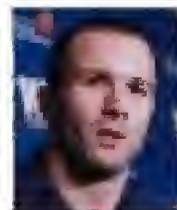
Matt Nichols and the Winnipeg Blue Bombers face a huge challenge.

Nichols threw for 304 yards and a TD in his 2016 debut last week, leading the Bombers to a 30-23 victory over the defending Grey Cup champion Edmonton Eskimos. But Nichols won't have two top receivers when the Blue Bombers (2-4) host the Hamilton Tiger-Cats (3-2) on Wednesday night.

Both Darvin Adams and Weston Dressler were injured in the win over Edmonton. Ad-

ams suffered an upper-body injury that could sideline him for about six weeks while Dressler has a leg ailment.

Adams had 10 catches for 121 yards and a TD versus the Eskimos while Dressler registered six receptions for 111 yards. Winnipeg is also without receiver Ryan Smith (lower body injury).



Weston Dressler
THE CANADIAN PRESS

A depleted receiving corps is bad news for a Winnipeg squad that's 0-3 at home. Rory Kohlert (four catches, 40 yards) was the club's leading receiver against Edmonton after Adams and Dressler.

However, Winnipeg did show it could run the ball versus the Eskimos as Andrew Harris had 127 yards rushing on 22 carries (5.8-yard average) and a touchdown. And the club re-signed veteran receiver Clarence Denmark, who spent five seasons with the Bombers before be-

ing released in the off-season. Starters Weston Dressler and Darvin Adams are out, joining Ryan Smith who'll miss a third straight game.

Wide receiver Kris Adams will make his CFL debut against the Ticats, while veteran slotback Clarence Denmark re-signed with his former club Sunday.

The Bombers' secondary has also been ravaged by injuries and will once again start four rookies.

Winnipeg's only other victory this season was a 28-24 road win over the Ticats on July 7. The Bombers forced six turnovers in that game.

Hamilton is coming off a bye week following a huge 37-31 win over Edmonton on July 23.

THE CANADIAN PRESS

SAFE LANDING

Brazil welcomes Canadian athletes

Saskatoon's Gavin Schmitt, a six-foot-10 volleyball player, says his bed in the Olympic athletes' village is long enough and fits him just fine.

Canada's athletes joined those from Angola, Malaysia and Fiji in a welcoming party for the four countries at the village just outside the Barra Olympic Park on the west side of Rio. They were entertained with dancing and song.

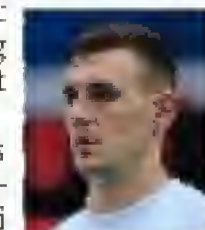
Water leaks, exposed electric-

al wires and inadequate plumbing delayed Australia's move into the village last week.

But Schmitt and others in the Canadian contingent of 314 athletes say they have light, hot water, functioning toilets and good food in the village.

The opening ceremonies are Friday but Canada starts competing Wednesday when the women's soccer team faces Australia in a preliminary-round match.

THE CANADIAN PRESS



Gavin Schmitt
GETTY IMAGES

OLYMPICS IN BRIEF

Japan athlete escapes whopping Pokémon Go bill

Japanese Olympic gymnast Kohei Uchimura may be a record six-time world champion, but he won't be encountering much success in his Pokémon Go efforts after running up a huge roaming bill in Rio.

Uchimura was stunned to receive a 500,000 yen (\$4,900 US) mobile bill after playing the popular augmented-reality game. Thankfully for him, his Japanese carrier service agreed to reduce his bill to a 3,000 yen (\$30) daily all-you-can-use contract. Uchimura is the reigning gold medalist in the men's all-around competition.

THE ASSOCIATED PRESS

IOC blames anti-doping officials for tainting games

IOC president Thomas Bach lashed out Tuesday against those calling for the "nuclear option" — a complete ban on Russian athletes from the Rio de Janeiro Games — as he and other members blamed global anti-doping officials for a scandal that has rattled the Olympic movement.

Bach opened the IOC's three-day general assembly by seeking formal backing of the members for the executive board's handling of the Russian doping scandal. After a debate lasting more than two hours, Bach asked for a show of hands, and only one of the 85 members — Britain's Adam Pengilly — voted against his position.

THE ASSOCIATED PRESS

NHL

Woman says Sabres' Kane attacked her

A 21-year-old Buffalo woman has sued Sabres forward Evander Kane, saying he seriously injured her in the hotel room where he lives.

Documents filed July 1 in Erie County State Supreme on behalf of Rachel Kuechle Court say Kane met her in a bar, invited her to what he said was a party and then attacked her, causing cuts and bleeding that required multiple surgeries.

Without providing details of how she was injured, her lawyers said Kuechle suffered "serious emotional trauma" and

"serious, permanent and painful personal injuries."

Kane's actions are described as "unwanted, unconsented to, violent and offensive in nature physical battery," according to court papers.

No monetary damages were specified in the lawsuit. A message left for Kuechle's lawyer wasn't immediately returned.

Kane had been cleared in March of any criminal charges after authorities investigated the Dec. 27 encounter initially described as a possible sexual assault. THE ASSOCIATED PRESS

RECIPE Fresh Salmon Burgers



PHOTO: MARY VESNIE

Ceri Marsh & Laura Keogh
For Metro Canada

This gourmet burger is a healthy twist on the summer staple. Big chunks of fresh salmon make it satisfying, yet surprisingly easy to make.

Ready in

Prep time: 20 minutes
Cook time: 10 minutes

Ingredients

- 1 1/2 lb fresh salmon filet
- 1 clove garlic, minced
- 1 Tbsp ginger, minced
- 4 scallions, sliced
- 1/2 tsp salt
- 2 Tbsp sesame oil
- 1 egg, whisked
- 1/2 cup panko (or bread crumbs)
- 2 Tbsp vegetable oil

Directions

1. Chill your salmon for at least

15 minutes before you begin. Using a sharp chef's knife, cut away the skin (if you didn't buy skinless salmon). Chop the filets into roughly 1/2 inch dice. Do not use a food processor. You will end up with salmon paste and that's not what we're after.

2. In a large bowl, mix together the garlic, ginger, scallions, salt, oil, egg and panko. Add your chopped salmon and mix thoroughly. Divide the mixture into four, good-sized patties.

3. Warm the vegetable oil in a large skillet over medium heat. Gently place the patties in the warm pan and cook four or five minutes, carefully turn them over and cook for another four or five minutes. Serve on a toasted bun with your favourite slaw.

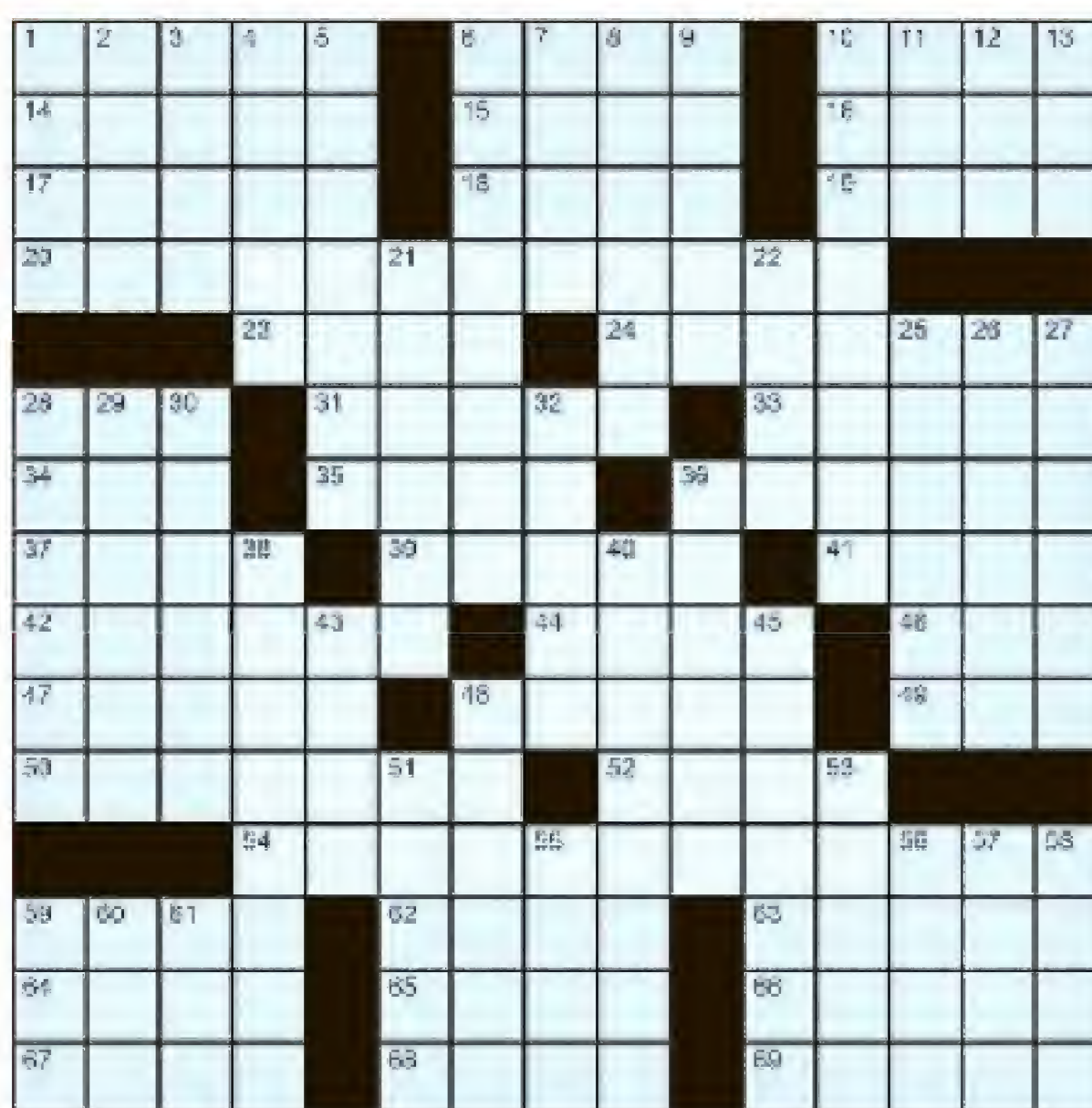
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Q. "Is there ___ Eliza Doolittle in 'Pygmalion' by G.B.S.?" A. "Indeed!"
6. Eat away at
10. Pack away
14. Aqua-denizen, with Ray
15. Oscar-winning composer Nino
16. Rum cocktail, ___ Libre
17. Spoken/heard
18. Mirror ___ House: The Autobiographies of Sean O'Casey
19. Water wader
20. "When I Get Back" is a song by this former Montreal indie duo with the 2011 album "Sound Kapital": 2 wds.
23. Ms. Gilbert of "Roseanne"
24. TV show segment
28. "___ for two and me for..."
31. Stockpile
33. Fable's lesson
34. Carol of fashion covers
35. Joint pain site
36. Amalgamated
37. ___ mucil (Fiber supplement brand)
39. ___ tomatoes (Posh salad ingredients)
41. Equivalent
42. Retaliate
44. Doing word
46. Foes to yeses
47. Rocker Mr. Kravitz
48. Merle Oberon title role film of 1941
49. Summer bug
50. Certify



52. Hostels
54. Shania Twain slow song/video: 4 wds.
59. Sound system sort
62. Singe
63. ___ acid
64. Mr. Rickman of reels
65. Present

66. Like green-covered cheese, variably
67. Smelling waste
68. Stagnate
69. Authorization

DOWN

1. Nursemaid
2. ___ fide (In bad faith)

3. Aware of the birthday surprise: 2 wds.
4. Diamond ear-ring choices
5. Army private character created by cartoonist George Baker: 2 wds.
6. One pulling a displeasurable face

7. Zippo
8. Money-from-the-wall charge: acronym + wd.
9. Where to look on "Friendly Giant": 2 wds.
10. Crafts kit items
11. Bathroom feature
12. ___ Wan Kenobi

13. Music producer Don
21. Particular popsicle
22. Icy layer
25. Star Wars: Princess Leia ___
26. Bounced-back e-mail source, Mailer-___
27. Firstborn
28. Steamed-in-corn-husks dish
29. 7-___ (Convenience store chain)
30. Go to the party
32. Leaden
36. Sheep of Spain known for its quality fleece
38. Bothersome
40. Aristocrat's ancestry
43. Greek pita serving
45. Small fowls
48. Made the riverbanks resistant to rising waters
51. Seaweed-wrapped appetizer
53. South Pacific island group
55. Dixie Chicks hit: "Goodbye ___"
56. Knavish
57. Ampersands
58. Stringed toy classic
59. Owns
60. "___ say!"
61. Flight watchdog, commonly

***IT'S ALL IN THE STARS** Your daily horoscope by Francis Drake

Aries March 21 - April 20
Parents should be vigilant about their children, because this is a mildly accident-prone day for them. Meanwhile, expect sudden invitations to fun events!

Taurus April 21 - May 21
Your home routine will be interrupted today. Perhaps small appliances will break down or minor breakages could occur. Because things are a bit willynilly, be patient with family members.

Gemini May 22 - June 21
Expect to meet a new friend. Or perhaps you will discover a new place? That's because whatever happens today will be a bit unusual, and it will happen suddenly.

Cancer June 22 - July 23
Keep your eye on your money and possessions today. Financial matters might be unpredictable. If shopping, count your change and keep your receipts.

Leo July 24 - Aug. 23
There is a lot of energy and electricity in the air today! This makes you feel independent and ready to do your own thing. You also feel impulsive!

Virgo Aug. 24 - Sept. 23
Something unexpected that occurs behind the scenes might catch you off guard today. Allow a little extra time in your day so you can cope with this.

Libra Sept. 24 - Oct. 23
A friend might surprise you today. Or perhaps, you will meet someone new who is unusual. Scheduled meetings might be cancelled or changed.

Scorpio Oct. 24 - Nov. 22
Your ambition is aroused today; however, be courteous with authority figures. Even though you have unusual ideas, wait for the right time to present them. Today might not be the day.

Sagittarius Nov. 23 - Dec. 21
Unexpected travel opportunities might fall in your lap today. Meanwhile, school schedules are subject to change. You will learn something new and unusual.

Capricorn Dec. 22 - Jan. 20
Matters related to shared property, inheritances and debt will hold some surprises for you today. Make sure you know what's going on. Check your bank account.

Aquarius Jan. 21 - Feb. 19
Feelings of independence might boomerang today, because partners and close friends will react to you. Possibly they want more freedom! (And so it goes.)

Pisces Feb. 20 - March 20
Your job routine will not be predictable today. Computer glitches and difficulties with machinery might create delays. Changes in personnel also make this an unpredictable day.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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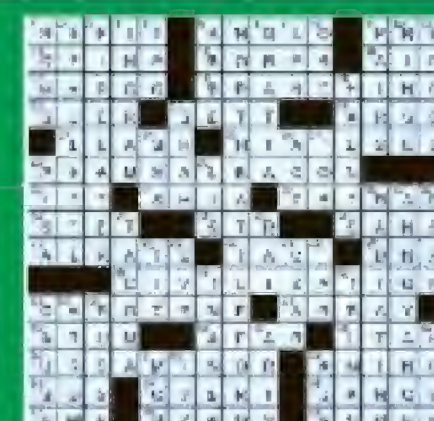
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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to
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5	1	6	7	9	8	4	3	2
7	3	8	6	2	4	9	1	5
2	9	4	1	3	5	8	7	6
6	2	1	4	8	9	7	5	3
8	5	9	3	1	7	2	6	4
4	7	3	5	6	2	1	8	9
9	6	2	8	7	3	5	4	1
3	8	5	2	4	1	6	9	7
1	4	7	9	5	6	3	2	8



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